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HOUSEKEEPERS' CHAT

Wednesday, March 1, 1933

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U. S. Department of Agriculture

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Subject: "Canning Meat at Home." Information from the Bureau of Home Economics,
U.S.D.A.

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The farm family is fortunate in many ways this year. While some of us have to be frugal in our purchases when we go to the grocery store, our neighbors on the farm may live in the luxury class, as far as food is concerned, provided they make the most of what they have on hand. Take meat, for example. The farm housewife may have a generous year-round supply of meat for her family, if she knows how to cure and can meat at home. Most farms have poultry, hogs, cattle and often sheep to provide this meat. When the price of livestock declines more rapidly than the price of meat at the market, home butchering is a great economy, especially if the meat is canned and cured. Canning meat during the cold weather for use in summer especially, saves both time and fuel. I don't need to mention the advantages of a supply of canned meat stored away in the pantry, do I? I don't need to suggest to any wise housewife that canned meat will save hours of work in the hot kitchen during the summer, that it is convenient the year around for preparing quick meals, and that you can serve it in a great variety of ways.

The other day I read a report from the state of Texas. It gave the quantity and the value of foods put up by the Texas farm people as part of their live-at-home program. Texas farm men and women cooperating with the extension service cured over three and a half million pound of meat valued at half a million dollars in 1931. They also canned for home use another half million dollars worth. What's happening in Texas is happening in lots of other rural communities.

The more the experts study canning, the more sure they are that the only safe way to can meat--or any other non-acid food--is under steam pressure. In many parts of the country groups of housekeepers are getting together for "canning bees" and using a steam pressure canner among them. If you don't own a steam pressure cooker, borrow one before you start canning meat. If you can't "beg, borrow or steal" one, as the old saying goes, don't put up any meat. Don't take that much of a risk on the family's health. Of course, meat processed in the water bath often has kept safely. But the chance is always there that spoilage may take place and that the meat may endanger the health of anyone who eats it.

You can put up any kind of meat at home these days, poultry included. To do the job successfully, you'll find the directions worked out by experts a big help. I'm not going to try to describe the process to you here. You'll find it much more helpful to have them right down before you on paper. So if you want the directions, write the Bureau of Home Economics at Washington, D.C. for the leaflet on canning meat. Or write this station. Just send your name and address and we'll send you the complete directions for canning meat at home from the Bureau of Home Economics.

Now about using canned meat. For safety, always heat it through before serving. You can cut the meat in slices or in small cubes, or you can grind it

in your meat grinder. When cut up this way it will be easy to reheat. Since some of the flavor of the meat must necessarily be lost in canning, remember that the meat will require plenty of seasoning. It is especially good in dishes that are seasoned with onions, tomatoes, and spices and seasonings of different kinds. You can use canned meat in meat pie, in croquettes or timbales, in tomato sauce or gravy, in hash, in curries or in many foreign dishes calling for sauces and seasonings. If you use canned meat in a stew, add the meat only toward the end of the cooking. If you use it with a sauce, make and cook the sauce thoroughly beforehand. Then add the meat and simply allow it to cook through before you serve it.

As we mentioned, one of the good ways of serving canned meat--or any inexpensive cut of meat--is in that Oriental dish known as a "curry." Curry is a favorite dish of all tropical countries, a hot main dish made of spiced meat or vegetables, and is usually served with flaky boiled rice. Curry is an old dish, even in the Orient. In India this method of preparing foods has been used since 1500 years before Christ. The curry powder is a blend of dried spices, generally made from turmeric (which gives the yellow color), and curry leaves, garlic, pepper, ginger and other strong spices. You can buy the curry powder in this country by the bottle. In India the natives grind the different dried spices together between stones. Some tart food like apples, chutney or green tomato pickle is especially good with curry. In India the Hindus, who are vegetarians, eat only vegetable curry, but the Mohammedans are great meat eaters.

The Menu Specialist must have been thinking of the Hindus today when she planned the menu, for our dinner features vegetable curry. Vegetable curry with rice ring; Hot baked tart apples; Whole wheat muffins; and Coffee. Nine ingredients for the vegetable curry recipe. I'll list them first and then I'll tell you how to make this good dish.

1/2 cup of rice	4 tablespoons of butter or other fat
1 cup of diced onion	1/2 teaspoon of salt
1 cup of diced carrots	1/4 teaspoon of curry powder, and
1 cup of diced celery	2 teaspoons of Worcestershire sauce.
1 cup of canned peas	

I'll repeat that list of nine. (Repeat.)

Wash the rice and cook in 1 quart of boiling salted water. Drain in a colander, pour cold water through, and let stand over steam until the grains swell and become separate. Cook the vegetables in small quantity of water. Just before removing from the stove, add the canned peas. Use the liquid from the vegetables and add the fat, salt, curry and sauce. On a hot platter make a ring of the cooked rice. Pile the vegetables in the center, pour over them the liquid mixture and serve very hot.

Tomorrow: Questions and Answers.

